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BOB TYNCE/SUN/
QMI AGENCY NAGARA
E.L. Crossley were winners of junior men's 56 kg with coxswain final at the Canadian Secondary School rowing Regatta, held in Pt. Dalhousie on the Henley rowing course last weekend. Pictured are Kevin Keith, Lynden Whitley, Noah McDonald, Chris Rusic and cox Danielle Pine.

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Rowing for gold



**BOB TYMCZYSZYN/
QMI AGENCY NIAGARA**

Dylan Minor and Bryan Haackman from E.L. Crossley were winners in the senior men's 72 kg double at the finals of the Canadian Secondary School Rowing Regatta, held in Pt. Dalhousie on the Henley rowing course on the weekend.

**BOB TYMCZYSZYN/
QMI AGENCY NIAGARA**

Jared Naar from E.L. Crossley celebrates after winning in the finals of the Canadian Secondary School Rowing Regatta Sunday.



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LOCAL NEWS

■ **RIDDLE:** Reporter lured to park for wedding proposal

The mystery of the pink heart signs — solved!

MARYANNE FIRTH
Pelham News Staff

As a reporter, I pride myself on being able to get to the bottom of things.

I like a good mystery, and I like it even more when I can solve it before anyone else.

But for once, I'm glad the secret was kept.

At the end of April when signs began popping up all over Welland with big pink hearts on them, I started asking everyone I knew what they were for.

They were bright. They contained no message. They were everywhere.

My curiosity was piqued. The signs quickly became the talk of the town, and I wrote a story about how no one was willing to come forward to claim them.

Now I know why. About a week ago, new signs began appearing next to the existing ones, indicating something was going to happen at Chippawa Park on Sunday at 3 p.m.

As luck would have it, or so I thought, it was my weekend to work. I'd get to find out exactly what the creator of the mystery hearts had been planning all along.

I arrived at the park, slung my camera bag over my shoulder and headed over to a pop-up tent set up near one of the park's pavilions.

Despite the rain, dozens of people came out with umbrellas in hand, all eager to satisfy the same curiosity that had been eating away at me for weeks.

Inside the tent was a man dressed in a suit with a box over his head.

A box, you ask? Yes. Complete with a signature pink heart painted on it.

He was handing out flowers to onlookers with what I can only imagine was a smile behind his cardboard disguise.

He handed one to me — a sweet, but familiar gesture — then continued passing them out to others. Then he gathered up the remaining flowers into a bouquet, and he turned to me.

He removed the disguise.

This was the man who I've loved for the past eight years. Who I've built a life with. This was all for me.

Ryan got down on one knee, and as I tried but failed to hold back tears, he asked me to spend the rest of my life with him.

No pressure, right?

Of course I was ecstatic. Shaking. Crying. Of course I said, Yes!

I was surrounded by strangers taking photos and video of our moment, but in an instant they all felt like family. Ryan had even invited my parents and his, sworn to secrecy, to witness our special day.

The congratulations poured in from familiar faces and ones I've never seen before.

When rumours of the signs' intentions first began swirling, many said it was a person looking to spread love through the community. In the end, it may have been geared toward one individual, but the love flowed through that park Sunday afternoon.

It wasn't until everyone began clearing out that I realized I hadn't taken any pictures. I hadn't even taken out my notepad.

Sure is hard to cover a story when it turns out the news is you.

While trying to take in everything that was happening, I knew there was an impor-



CONTRIBUTED PHOTO

The mystery of the pink heart signs in Welland was solved Sunday when Ryan St. Denis proposed to girlfriend and Tribune reporter Maryanne Firth at Chippawa Park Sunday.

tant phone call I had to make.

My editor was expecting a story.

This was a newspaper to put out.

It's usually hard to catch a journalist off guard, but I'd say that was accomplished as both myself and managing editor Dan Dakin were left a little bewildered.

"I'm blown away that this is what the hearts meant. It's the most impressive engagement plot I've ever heard of," he said after the news broke.

"So many people from the community were questioning what the hearts meant, so to have this turn out the way it did is incredible."

"I'm sure Maryanne's fiancé has just left many women jealous and made many men go back to the drawing board for their own engagement plans."

It all boils down to the fact that Ryan St. Denis knows me better than I know myself.

He knew I'd see the signs. He

knew I'd be curious. And he knew my nose for news would drive me to unearth the secret.

How he kept it from me all this time, I'll never know.

What I do know is that I am one lucky girl and I owe a heartfelt thank you to everyone, especially the man in the box who made this the most memorable day of my life.

maryanne.firth@summedia.ca
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Vote, but first learn, think about decision

Now is the time to start thinking about how you will vote in the upcoming provincial election, if you haven't turned your mind to your choice already.

Voting is a right and how you choose to exercise it is really up to you. If you don't want to vote, you don't have to. If you decide based on tea leaves, a gut feeling or the perceived personality of candidates or leaders, that's your business. But you do yourself and your fellow citizens a disservice if you stay home, or if you cast your vote frivolously.

If you're fed up with the whole thing, it's arguably better to register your feeling with a spoiled ballot than to be silent — which, as the saying goes, implies consent.

While one ballot among millions is unlikely to be the deciding factor, especially in our first-past-the-post system in which votes cast for a riding's unsuccessful candidate make no real difference in the composition of the legislature, it is still important that the collective will be measured. There are organizations of all political stripes trying to set the agenda, and if regular people don't take part, those organizations wield more power than they should.

There are plenty of people out there who urge people to vote. But casting a ballot should really be the final step in a process.

To be a truly responsible citizen, you need to make an informed choice based on reason. Listen to what the candidates have to say, assess whether their positions are plausible, consider if they reflect what you believe and value. Weigh their records. Decide if they will be willing or able to follow through with their promises.

The same goes for political parties — what they say might sound good, but does it stand up to scrutiny from yourself and from others? Are they trying to manipulate you through fear, favour or plain old propaganda?

Now more than ever vast amounts of information is at the electorate's fingertips. But the quality of that information is questionable to say the least. Avoid cynicism, but read and listen critically, with an open mind. Give those outside the traditional PC-Liberal-NDP triangle a hearing — while it's unlikely they will be in power, to dismiss them out of hand stifles new and at times bold ideas worthy of consideration.

They say we get the government we deserve. Let's deserve a good one.

—QMI Agency

COMMENT

Italian tug caught fire in Atlantic

The 45.65-metre long Italian tug Vortice caught fire in the Atlantic and had to be abandoned by the crew near the Canary Islands 21 years ago today. The vessel was gutted in the blaze of June 12, 1993, and towed to Las Palmas. The ship was sold to McKell Marine in 1998 and the rusted hull was brought to Canada for repair and reconstruction. It was resold, partially repaired, to American interests in 1998 and left for Norfolk, Va., to complete the task. Renamed Norfolk, the vessel assisted in local dredging projects until resold for an unlikely return to the Great Lakes in 2005. After rebuild, this time at Sturgeon Bay, WI, the ship resumed service as Samuel de Champlain and now sees regular service pushing the cement barge Innovation.



PHOTO BY REBE BEAUCHAMP NOV. 2, 1996

The 45.65-metre long Italian tug Vortice caught fire in the Atlantic and reached June 12, 1993.

Thinking about the consequences

REV. JEEVA SAM

A friend was sharing how he had taken his truck in for a routine oil change and maintenance check.

When he came home and checked the bill, he noted that the shop had used 5W30 oil instead of the synthetic that had been the norm until now.

He promptly called the dealership. The woman who answered the phone heard him out and made a comment about how 5W30 would not hurt his engine. He was not amused. He asked her to pull up his vehicle's service history on the computer. She had to admit that they had goofed up.

When he asked what they were going to do about it, she put him on hold, talked to someone (presumably the service manager) for a minute and she told him that if he could bring his truck in, they would replace the oil only, not the filter, mind you. Also, they would not charge him labour, but he would have to pay for the oil.

Now you know why my friend is not taking his truck back to them ever again. Frankly, I was labbergasted when I heard this and began to ask myself why the service manager would not have simply offered to replace the 5W30 with synthetic oil along with the filter, no charge. It would've been only fair, since

it was their fault.

Plus it would have generated a tremendous amount of goodwill in my friend who, rather than tell me about how poorly they treated him, could've bragged on how quickly they apologized and made up for their mistake plus offered him 50% on his next oil change (hint, hint). This would've locked him in for life as a customer. With the cost of maintenance and repairs these days, they would've gained hundreds, if not thousands of dollars in business over the lifetime of the truck. Their short-term thinking robbed them of long-term profit.

It reminded me of the time that Esau traded his birthright to his younger brother Jacob for a bowl of lentil soup (Genesis 25:29-34). Was his hunger so great that he had to forfeit something invaluable for a cheap bowl of soup?

How could he have avoided this grievous error in judgment? How could the dealership have done things differently? How could you, beloved reader, stay away from such mistakes?

The solution is amazingly simple, although it is not always easy to do in the heat of the moment. Here it is.

Take time to think about the consequences of your choice. Better still, write down the next few things that are likely to follow as a result of your decision.

Had the service manager done this,

his flow chart would look something like this:

Customer asked to pay for our mistake; Gets ticked off; Takes his business elsewhere; We potentially lose thousands of dollars over the next five to seven years; Could generate negative publicity or disonourable mention in a column.

Would he still go through with his decision to charge for the synthetic oil? Not likely, eh?

In Esau's scenario, it would be something like:

I trade my birthright; Lose it forever; My future would be affected adversely; That is too high a price to pay for a lousy bowl of lentil soup; I can put up with a growing stomach till I get someone to cook me a meal.

Disaster averted. Destiny accelerated.

Now it's your turn. Before you make a choice in a hurry — because you want to make a short-term profit or you want to satisfy your appetite or because your hormones are going haywire or (please fill in the blanks), would you take some time to think about the consequences? You'll be glad you did.

Rev. Jeeva Sam pastors both United Church congregations in Wainfleet — Forks Road East and Morgan's Point. He also writes posts such as this regularly on www.destinywordoftheday.com.

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COMMENT

■ readers' views

CARING MAN?

When I read John Begin's comment Thursday that Tim Hudak "is a caring family man," I immediately wondered what the 100,000 families of the public-sector workers would have to say about that after Mr. Hudak fired them.

DAVID FOWLER
WAINFLEET

CONSPIRACY THEORY

What a coincidence. The two NHL teams playing in the Stanley Cup finals represent the two largest television markets in the U.S. Don't be surprised if the series goes seven games to boost revenue and soak the fans. The national hose league is masterful at separating money from their fans' wallets and into the owners' and players' bank accounts.

CHARLES OWEN
WELLAND

PLEASE VOTE

As we approach election day, we hear "I am not going to vote." But I can never find a reason for not voting. There

is only one moment of democracy — when you go behind that little box with the names of the candidates in our riding on a sheet of paper. You can spoil the ballot. The buzzword this time is telling the electorate that you would like to have your vote registered as NOA (none of the above). It's another strategy by someone who has nothing to offer. You can complain about your choices or lack thereof, but maybe we should all not show up, then what would the results would be like? To those who have children, do you teach them the same thing? What sort of society do you wish to leave as a legacy? I'm proud my parents, their parents and their friends chose to vote. I still like the society I inherited from them. I would like to think my friends would like to leave a good legacy for their children and their children's friends. Do we have a democratic society? Yes. Use it wisely. It is better than the alternative, silence with no choice. We can make change happen and we will if need be. Tell a friend, family or neighbour "I am going to vote,

join me."

RON ST. LOUIS
WELLAND

WYNNE WON'T TAKE RESPONSIBILITY

If you I were to misappropriate a few dollars we would be branded as a criminal and sent to jail. What has happened to our society that we allow the Liberal government of Ontario to misappropriate a billion dollars then say, "I'm sorry" and run for re-election as if it never happened? What has happened to the moral compass of the citizens of Ontario when polls show that these same Liberals may be in position to win re-election? I see the "Anyone but Hudak" campaign and can't help but wonder how can you consider voting for a Liberal government that misappropriated money to further their own political ends, wasted \$500 million on slots at race tracks, blew millions on elfeath, Orange, OPG and OLG fiascos, is going to rise your hydro bill by 46% and is preparing to put a 10-cent-a-

litre tax on our gas? Even if Tim Hudak does all the "bad" things you say he is going to do, it wouldn't be humanly possible for him to create as many fiascos as the Liberals have created during their tenure. I was impressed that Hudak said he would step aside

if he did not deliver on his plan in two years. He is taking responsibility for his actions; something Ms. Kathleen Wynne has not done to this day.

GAYE SMITH
LAKE TEMAGAMI

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■ **CATS:** 'The programs are clearly working'

Cocktails for Kitties aimed at feline overpopulation initiatives

MARYANNE FIRTH
QMI Agency Niagara

Four years.
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If the numbers are any indication, Port Colborne Feline Initiative seems well on its way to addressing the cat overpopulation problem in the lake-side city.

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The grassroots organization marks its fourth anniversary this month and is inching close to its 1,000th-cat milestone, with 965 felines enrolled in its three programs to date.

Operation CatSnips assists with TNVR (trap, neuter, vaccinate, return) of feral cats, SNAP (spay/neuter assistance program) assists low-income pet owners with getting their cats spayed or neutered, and KitKat sees feral kittens fostered, socialized and ultimately adopted.

"We've absolutely noticed a

difference in Port Colborne," PCFI founder Kristi Mallinson Vogel said while thinking back on the past four years.

"The programs are clearly working."

Complaint calls about cats roaming neighbourhoods have lessened at city hall and there's less buzz in the community about cats being an issue, Mallinson Vogel said.

"We've definitely seen a decrease this year at our Port Colborne shelter in the number of cats that are coming in," said Tammy Gaboury.

animal care manager with Welland and District Humane Society.

"There's been a real improvement in the volume of stray cats," she said, crediting PCFI for its work.

While progress has been made, the group's work is far from over.

PCFI recently began a partnership with Port Colborne's East Village action committee to help address the cat population problem in the city's east end.

"It's a hotspot," Mallinson

Vogel said

The volunteer-run group works closely with the humane society and uses the shelter's intake statistics to help determine Port Colborne areas most in need of attention.

"We're going to continue doing what we're doing," Mallinson Vogel said.

"If opportunity allows and funding is available, then maybe we can expand to other areas of south Niagara."

The organization is on the hunt for corporate sponsors and private donors to help further its cause, but relies heavily on fundraising to continue its work.

PCFI has four annual fundraisers, including Cocktails for Kitties, which is coming up on June 13 at Roselawn Centre. It also runs an ongoing bottle drive throughout the year.

"The more we can raise through events and donations, the quicker we can get the job done," Mallinson Vogel said.

"It will ultimately resolve the issue. We're confident this will work."

PCFI volunteers recently began a new initiative, creating "KitKat cud-

dle mats' for cats at the humane society. The knit and crocheted mats are meant to reduce the stress of the cats while they're awaiting adoption.

The organization is looking for donations of bulky or chunky yarn, as well as volunteers to help create the mats.

For more information, visit www.facebook.com/yarnkitty.

maryanne.firth@sunmedia.ca
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♣ RECREATION PROGRAMS & CLASSES

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Wednesday June 18 7:30 pm - 8:30 pm

Tuesday June 17 7:00 pm - 8:00 pm
Thursday June 19 10:00 am - 11:00 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - June 17 & 19

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Women's Outdoor Scrimmages - Pelham Arena, 10:00am - 11:30am Ages 18+

Monday, June 16 - Soccer & Tennis Ultimate Frisbee Thursday, June 19 Tennis & Ultimate Frisbee

Looking for an opportunity to get out, be active and maybe learn a new sport in a fun, social environment? Join our instructor for women's only sports sessions feature 2 sports per day. All skill levels welcome & equipment is provided. Drop in for \$6 session or purchase your 10 + 2 bonus passes for \$60. For more information, please contact (905) 892-2607 ext. 329.

Summer Programs - Aquatics & Summer Camps

Registration is now open for swimming lessons, Lifesaving Training Programs, the Pelham Penguins Swim Team and the Triathlon Club, Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp. Registration forms are available at pelham.ca and at Town Hall.

🏠 COMMUNITY EVENTS & NEWS

Pelham Farmers' Market - May 1 until October 30 - Pelham Town Square - June 5 Market Bucks Winner: Kathie Timpano

Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk.

Pelham Community Pool Opens for Public Swim - Saturday, June 14 at 1 pm

Fonthill Medical Centre Groundbreaking - Thursday, June 19 at 3:00pm - East Fonthill (Rice Road & Regional Road 20)

Pelham Pool House Re-Opening - Friday, June 20 at 10:00am - Marlene Stewart Streit Park (55 Park Lane, Fonthill)

Pelham Leash Free Dog Park "Unleashing" - Saturday, June 21 at 10:30am - (Regional Road 20 & Centre Street)

Communities in Bloom Garden Tour - Saturday June 21st - Tickets \$10 available at Town Hall, Vermeer's Garden Centre & Rice Road Greenhouses

Heritage Tea - Saturday, June 28 at Ridge Berry Farm Tea Room - 3 seatings: 12 pm, 1:30 pm & 3:00 pm - Hat/Fascinator Contest at each seating - Tickets \$10 available at Town Hall & Ridge Berry Farm

Pelham Summerfest 2014 - Keep an eye on our website for details on all the amazing events happening at Summerfest pelhamsummerfest.ca.

Free ((Wi-Fi)) available @ Peace Park in Fonthill. Be sure to check it out when attending any summer events or taking a stroll through the park!

♣ MUNICIPAL ELECTION WORKERS NEEDED



The Town of Pelham is now accepting applications from interested residents for the **Monday, October 27, 2014 Municipal Election**. Available positions include: Poll Supervisors, Deputy Returning Officers, Affidavit Clerks, Vote Tabulator Operators, and Information Clerks/Greeters.

Applications are also being accepted for the **Advanced Voting Days of Saturday, October 18, Monday, October 20, and Wednesday, October 22**. Available positions include: Poll Supervisors, Deputy Returning Officers, Poll Clerks, Affidavit Clerks, Vote Tabulator Operators, and Information Clerks/Greeters.

Pick up your application form at Pelham Town Hall or download it online at www.pelham.ca and submit to Nancy J. Bozzato, Town Clerk/Returning Officer, at 20 Pelham Town Square, P. O. Box 400, Fonthill, Ontario, L0S 1E0, by July 11, 2014.

Tuxes and gowns for opening night

OK, entertainment fans, mark Oct. 3 on your calendars. That's when the Meridian Centre is officially set to open with a boffo concert.

No word, yet, on what the act might be.
I'm thinking Pink Floyd or Led

Or, in a pinch, Iron Butterfly.
In-A-Gadda-Da-Vida. Indeed.

Of course, that's presuming the band isn't already booked at the Golden Pheasant that night.

Granted, my prediction of a geezer rock band gala Oct. 3 may be out to lunch. Point is, though,

the city and arena operators SMG want to open with a bang.

Hey, do you think Cirque du Soleil might be working on a special Son of Port Tower show? I would have plenty of twists, turns, giant leaps (of faith) and suspensions of disbelief.

Anyway, the next night, a

Saturday, the Meridian Centre hosts its first IceDog home game.

Not into Iron Butterfly? And not a big hockey fan?

Don't worry. There's still the possibility of getting an up close and personal look at what \$50 million buys you these days.

Nothing's etched in stone, but the city is looking at holding an open house prior to Oct. 3, similar to what the Niagara Health System did with the new St. Catharines hospital.

It may be more similar than you think if the arena tour includes viewing a room where hockey players get stitched up.

But all this is a few months away. Meantime, there's an arena to complete

I went on a tour earlier this week with city and SMG officials to get a sense of

My conclusion? Man, this joint has a lot of concrete. Plenty of behind-the-scenes space, too.

The big news this week was the laying of 1.8 kilometres of brine lines on the ice rink

floor. Next Thursday, workers will do an all day concrete pour over the pipe network. The cement is expected to take 28 days to cure. Hmm, I wonder how soon after that I can arrange the first skate ...

While plenty of finishing work needs to be done, the arena's various elements are now more visually defined. That includes office space, dressing rooms, storage areas (those 2,100 folding chairs for the arena floor have to go somewhere), concession stands, kitchen facilities, washrooms, sports hall of fame space and lobbies.

Much square footage is devoted to the IceDogs. The team will have several administrative offices, coach's office with

showers, weight room, whirlpool area, video room, large dressing room, players' lounge and trainers' area among other amenities. I'm not saying it's an impressive layout, but it'll make Jack Gatecliff Arena seem like it was built 75 years ago.

Major fixtures still to arrive are the \$820,000 score clock, scheduled to be installed in August or September, and the arena's seats, which will be delivered next month.

There'll be about 5,200 seats, including 650-700 retractable ones at the open end of the arena.

Last time I checked, there'll be about 3,960 seats in the main U-shaped bowl, 260 club seats and 276 suite seats.

As you know, the arena's 25 suites sold like hotcakes. The latest marketing push is for the club seats.

They're padded leather and are located on the same upper level as the suites. The seats are at the end where the IceDogs shoot twice and will offer head-on views of the concert stage.

They start at \$1,500 a year, a package that includes an IceDog season ticket. Seat-holders will also have first dibs on concert tickets and access to a special lounge. The Superlative Group (216-592-9400) is handling the sales.

This week's tour also provided an interesting glimpse of the two pedestrian bridges to the Meridian Centre. Neat stuff.

Yeah, I know some people are grumbling about the walk involved from downtown parking lots. But it won't be that bad. Just pretend you're strolling to your community mailbox.

dherod.niagara@gmail.com

[illegible][illegible]

BOB TYMCZYSZYN/STAFF PHOTO

A tour of the arena as they prepare for the concrete pad pour

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PELHAM DATEBOOK

JUNE 12

PROSTATE CANCER

support group meets 7 p.m. at the Canadian Cancer Society office, 45 Harwood Ave., St. Catharines. Dr. Ian Brown is guest speaker. Men and women welcome. For more information 905-934-1685.

JUNE 18

BOOK SIGNING

Following on the heels of her book, *I Did, You Can Too* — Dorothy Seabourne presents stories and images from *Dreams to Memoirs*, a photo book highlighting the 12 European tours she has taken by motorcycle over the past 30 years. At age 73, she is making plans to tour Ireland on a "big bike" next year. Copies of the book will be for sale at the theatre at Lookout Ridge, 1505 Lookout St., Fonthill, for \$40. Starts 6:30 p.m. Register ahead by calling Felicia Public Library at 905-892-6443.

JUNE 19

STRAWBERRY SHORTCAKE

served up by Fonthill Lionsess at Pelham Farmers' Market. Help us to help others.

JUNE 21

PELHAM FESTIVAL BOOK FAIR

Drop in to Pelham Public Library during this informal afternoon. Publishers include sponsor Grey Borders, Barefoot Books, The Book Band and Elbow Island Publishing. Authors Leo Audette, Marguerite Belanger, Richard Bendell, Christopher Bessette, Rusty Blackwood, Jolene Eby, Tony Chapman Hayes, Laura Lane, Josie Penny, Janice Schramm, and Start Me Up Niagara are featured. Books for sale and signing 2 p.m. to 4 p.m. Free. Part of Grey Borders Niagara Literary Arts Festival.

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ONGOING

LOVE YOUR LIBRARY

spring gift basket silent auction fundraiser for Pelham Public Library opens bidding at 10 a.m. April 14 and ends May 2 at 4 p.m. Themed gift baskets, artwork, tickets and more. Sign up for a number at the front desk.

WOMEN'S INSTITUTE

The Fonthill-Singer's Corners branch of the Women's Institute is looking for new members. We meet on the first Wednesday of the month, 1:30 p.m. to 4 p.m. We welcome women wishing to contribute to our community. If you would like to enjoy the fellowship and events planned for this coming year, please call 905-892-6891 for more information.

VETERANS AFFAIRS

visits Royal Canadian Legion Branch 4 on Morningstar Ave., Welland, the first Tuesday of every even-numbered month, starting at 9 a.m. First come, first served.

ROSE CITY TOASTMASTERS

meets Thursdays 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arena, 501 King St. We focus on improving communication skills in a friendly, supportive atmosphere. Your first three meetings are free. Call 289-696-3167 or visit welland.toastmastersclubs.org.

A CAPPella NAGARA

Men's Chorus invites singers

for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., on Tuesday nights at 7:30. For information call Kerry at 289-820-6384 or Bob at 905-892-2336.

BEREAVEMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church (Hospitality Room) from 7 p.m. to 9 p.m., 303 Niagara St. Call 905-732-3969 for further information.

TOFF CRAFT AFTERNOON

The popular "yarn exchange" at Pelham Public Library has been expanded to include all kinds of crafts. Bring your yarn, needles, hooks, scrapbooking, stamping and beading supplies; fabric, etc. and trade for something you can use. All leftovers will be used for library programs or donated to a non-profit. Runs 1 p.m. to 3:30 p.m.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at 1401, every Tuesday 6 p.m. to 8 p.m. Members get a monthly calendar of social activities. For further information call Lynlie at

905-788-0359.

ALZHEIMER SOCIETY

of Niagara Region society meets for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelieu, for information, call 905-687-2914.

PASTA NIGHT

at St. Alexander parish the first Thursday of every month, 4 p.m. to 7 p.m. Cost: \$10 adults; \$5 children aged four to 12 (free for three and under). All you can eat. Takeout is \$3. Penne, meatballs, sausage, garlic bread, salad; beer and wine also available. All welcome.

NIAGARA BONSAI SOCIETY

meets on the third Sunday of every month, 1:30 p.m. at St. Mark's Church, 41 Byron St. (across from Simcoe Park), Niagara-on-the-Lake. All are welcome. For further information contact niagarabonsai@gmail.com.

VOLUNTEER DRIVERS

needed by Community Support Services of Niagara, within and outside the region. Volunteers are reimbursed mileage and hours are flexible (between 8 a.m. and 4 p.m. to Friday). Call Laura Dumas at 905-788-3181 ext. 27 or e-mail ldumas@cssn.ca for more program details. You can also visit www.cssn.ca.

SCRAPPY DROP IN

Work on your latest cardmaking, stamping, papercraft or scrapbooking project. A swap table will be set out each Monday at Pelham Public Library from 10:30 a.m. to 12:30 p.m. Cost \$2.

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INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertilityniagara@hotmail.com for location or more information.

NIAGARA REGIONAL LITERACY

Council assists adults in improving their reading, writing, grammar, math, spelling and computer skills and provides GED preparation and readiness for work programs. Our literacy and

essential skills programs are free of charge and can be done through one-on-one tutoring or small group classes. Located at 3 Great Western St., attached to the St. Catharines Via train station. Call Pat at 905-687-6299 for more information.

WELLAND RIVER KEEPERS

meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.

DROP-IN BRIDGE

Wednesday at Pelham library, 1 p.m. to 3 p.m. Come alone or with a friend. Refreshments. Call ahead for the schedule at 905-892-6443. Cost \$1.



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LOCAL NEWS

VENTURE

Businessmen to revive former Coast Guard ship

DON FRASER

QMA Agency Niagara

The proud owner of a decommissioned Canadian Coast Guard vessel can hardly believe his luck.

"I feel great we made it back alive," laughed Nino Donatelli, soon after arriving Friday afternoon at Port Dalhousie Pier Marina — a facility he also owns. "We had absolutely no issues, the weather was nice."

He took 17 hours to sail back from Trenton with a crew to pick up the boat, which he says was originally worth \$4 million. Developer Donatelli and Ralph Terrio are business partners in the ship venture whose outcome is not yet clear.

The former mid-shore patrol vessel Isle Rouge was purchased through government auction.

Donatelli and Terrio are considering using it as a tour boat for perhaps 50-60 people and note a refitting and a raft of permits would be needed.

If it sees that new life, it could tour areas around Niagara or Toronto and be in service by next summer.

Donatelli said the idea was sparked in part by the numbers phoning his Port Dalhousie marina looking for tours.

"People are calling us all the time saying 'how do we get out into the water without renting or buying a boat, so there's obviously a demand,'" he said.

"Ralph and I thought we'd buy it and decide what to do with it ... we're not sure if we're going to use it ourselves, or as a (tour) service," Donatelli said. "This is the perfect size to move people around without it costing a fortune."

"We'll find out all the red tape needed, and if we can get through it, we'll use it to move people around."

Terrio said "it was interesting to buy this."

"I do think tours would be nice ... another idea is if we

don't do the service here we're going to sail it down to Nova Scotia and bring it down to Cape Breton," Terrio said.

"We'll see."

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■ **COMPETITION:** Twenty-seven teams race in Welland

Dragons unleashed on waterway

MARYANNE FIRTH

(QMI) Agency Niagara

Dig deep. Paddle hard. Have fun.

Those seemed to be the words most teams lived by

Saturday at the 13th annual Welland Dragon Boat Festival.

The daylong event hosted by Welland Heritage Council and Multicultural Centre and the Rotary Club of Welland

drew hundreds of people to the Welland International Flatwater Centre to participate or watch as boats paraded the water with speed.

Twenty-seven teams — each with 20 paddlers, a drummer and a steersperson — rowed to the water to battle it out for the first-place title.

Welland Iakwondo has had a team in the running each year for nearly a decade.

"This event builds teamwork," said club owner and chief instructor Kyounghee Nam.

Without everyone's co-operation the boat would never reach the finish line, he said as he prepared for the group's next race.

"Once you're together on the boat, you feel like a warrior. Like you're going to combat," Nam said.

The entire team remains quiet while approaching the starting line, but as soon as the gunshot signals the race is underway the yelling begins and adrenaline kicks in, he said.

"Everyone goes crazy. You can feel the connection." Before paddlers can even get



MARYANNE FIRTH / STAFF PHOTO

Teams race to the finish line Saturday during the 13th annual Welland Dragon Boat Festival at the Welland International Flatwater Centre.

back to shore, they're already questioning when the next race will begin, Nam said.

"It's like a drug, a very good drug."

While paddlers awaited their next turn to claim victory, they browsed retail and food vendors or rested under tents set up west of the waterway.

"We've received a lot of positive responses from teams about the new facility," said Vic Kersch, who chaired the event on behalf of Rotary.

"The setup is wonderful this year and it has been a beautiful day," added event organizer Janet Madume, of the multicultural centre.

With the popularity of the new facility, Madume is hopeful next year's festival will draw an additional 10 teams from Ontario and beyond.

Businesses, organizations

and individuals use the dragon boat races as a chance to come together and have some fun, she said.

"This event is really about families. It's a good bonding experience."

Kersch, who also sits on the Welland Recreational Canal Corp. board, called the festival a "great opportunity" to showcase the venue to out-of-town teams.

The event, he said, is a good lead-in to the National Dragon Boat Championships to be held in Welland July 4 to 6.

Maryanne.firth@summedia.ca

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LOCAL NEWS

OCTOBER 26, 2014

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Half-Marathon Run/Walk	\$70	\$85	\$95
10K Run/Walk	\$50	\$65	\$70
5K Run/Walk	\$40	\$45	\$50
2K Run/Walk	\$20	\$25	\$30
2K 15K Youth (17 & Under)	\$20	\$25	\$30

All fees are in Canadian dollars.
 *Registration deadline for events starting in US is October 20, 2014

FRIDAY, OCTOBER 24
1:00pm - 7:00pm - **RunFEST Expo** Niagara Speed, Number Pickup & New Registration (including Weekend online sold out)

SATURDAY, OCTOBER 25
6:15am - 10:00am - **Running Rock** International Breakfast
 (Free. Come to the podium! Includes: Cakes, Grogg, FREE Breakfast at Planet Hollywood (approx. \$5.00))
8:00am - 5:00pm - **RunFEST Expo** Niagara Speed, Number Pickup and New Registration (including Weekend online sold out)
9:00am - **RunFEST** Sweepstakes Prize Giveaway Presentation
5:30pm - RunFEST Pasta Dinner - \$26.00 (Long French Fries, 12 1/2oz Bread, Salad, Stewen & Laura Skordenski, and After Hours)

SUNDAY, OCTOBER 26
8:00am - **Schools Marathon Challenge** Start
8:30am - **5K** Start
9:00am - **10K** Start
9:30am - **2K** Start
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10:00am - **Marathon** Start

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■ D-DAY

A fatal crash behind enemy lines

GREG FURMINGER
OMI Agency Niagara

As an 11-year-old, he probably paused on his way to Steele Street School once or twice to admire a Packard or Nash automobile passing by, hoping one day he would find himself behind the wheel.

A few years later, the mind of a teen-aged Wilfred Joseph Mahagan likely would have shifted gears to girls after finding himself roaming the halls of Port Colborne High School.

What is for certain is that by the time he was in his early 20s, his thoughts had turned to survival, flying low to the ground piloting a single-seat bomber in search of enemy tanks and trains.

He was shot down by flak behind enemy lines on June 7, 1944 — the day after Allied forces stormed the beaches of Normandy in northern France.

Records show his plane exploded as it hit the ground.

His hopes and dreams
moment.

Dennis Paris's thoughts seem to drift off after his remark.

The Welland retiree has made it his mission in recent years to learn more about the young, lanky man he stumbled upon while poring over old photos of his father Frank Paris Jr. after his death in 2000.

His research has included hours spent scouring the Internet with his wife, Candace, and making contact with the Canadian Warplane Heritage Museum in Hamilton and other sources.

Among the old photos of his father and the young pilot, both pictured in uniform and as regular neighbourhood chums, was a letter Mahagan wrote while training for the Royal Canadian Air Force.

On the small Air Forces stationery, he wrote — as a young man would — about his hometown, saying nothing about where he was stationed while still in Canada. He wrote about visiting Frank Parls Sr. in hospital, and sitting down at a home to eat cake — but mostly frosting.

Dennis's dad, who served as a plane mechanic during the war because a blood pressure issue prevented him from flying, and Mahagan attended Steele Street School and Port Colborne High School together.

Mahagan grew up in the house of William and Eileen Mahagan at 164 Elm St., near Ash St. His death certificate shows he was adopted, and that his given name was Joseph Wilfred Yurch.

suggest there's others in his family," says Candace.

Dennis says when he has driven by the house, he has thought about knocking at the front door to share the tale of the young pilot who would not return home. A bedroom in the home was likely kept tidy by the pilot's mom as she awaited his return seven decades ago.

Mahagan received his wings at Camp Borden. A newspaper announcement that ran with his photo said he was ranked fourth in his class. Best guess is that this was just months before it would be reported he had been killed in combat.

His RCAF service number was J/11280. He flew with 440 Squadron.

When Mahagan took flak in France, he was flying a 2,100-horsepower Hawker Typhoon MN307, a British Royal Air Force fighter-bomber used for ground support, affectionately called a Tiffy. It was armed with cannons and either bombs or rockets, armour-piercing war-

The three-bladed propeller plane on the day he died would have had thick black and white stripes painted across the top and bottom of wings and tail section — referred to often as Invader Stripes, painted on Allied forces planes for the huge D-Day mission to avoid friendly fire casualties.

Flying deep in German-occupied territory the day after the Allies' successful siege of Juno, Omaha and other beaches in Normandy, Mahagan met his fate. The flight lieutenant is buried in a tiny

cemetery in Noyers-Bocage in Calvados, France. He lies in front of one other Allied soldier, a young British man.

The Parises visited France last September to learn more about the hometown of Dennis's grandfather and to tour Second World War cemeteries. But the visit to them was mostly to find the resting place of the young pilot.

"All the D-Day beaches stuff was kind of secondary to finding that gravesite and paying our respects," Dennis said.

"It was amazing, after all the research that there we are," Candace recalls of the experience.

The husband and wife left a Canadian flag at his grave. And they left a business card, topped with a maple leaf, that contained their contact information. They have since made contact with a couple who live near the cemetery.

See MAHAGAN on Page 17

LOCAL NEWS

CONTRIBUTED PHOTO

Shot down behind enemy lines

"Born in 1942 we are a generation who cannot forget these events and it is just simply out of respect and recognition. It seems a minimum.

*Through family photo and one special letter, this brave young man.

greg.furminger@sunmedia.ca
Twitter: @GregAtTheTrib

[illegible]

LOCAL NEWS

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#CARECASH



MARYANNE FIRTH / STAFF PHOTO

PenFinancial Credit Union marketing and communications specialist Josh Juhlik and marketing manager Jody Vizva are ready to hide an envelope filled of money somewhere in Niagara Friday as part of the financial institutions #CareCash initiative.

Credit union hiding cash all around Niagara

MARYANNE FIRTH
QMI Agency Niagara

The green ribbon marks the spot. You won't need a map to find this treasure, but you will want to put on your thinking cap and keep your eyes peeled to find up to \$500 hidden in Niagara each week.

Through its recently launched #CareCash initiative, PenFinancial Credit Union will be hiding an envelope filled with cash somewhere in the region every Friday, starting today.

At 6 a.m., staff will begin sharing clues to the secret location through the organization's Twitter and Facebook accounts, offering riddles and pictures to guide curious participants to the prize.

The idea was born after PenFinancial marketing manager Jody Vizva caught a TV news segment about an anonymous donor hiding cash at random locations in San Francisco.

It inspired her to take action.

"I came to work all fired up. I said 'We need to do this in Niagara,'" she said.

Work began immediately and after only a few days of planning the #CareCash concept was ready to roll.

What makes the Niagara-based initiative unique is that not only does the finder get to keep the money, but the credit union will match the funds found and donate it to a local charity of the winner's choosing.

The prize amount will also vary each week. The envelope will contain a minimum of \$50 and \$1 will be added through-

out the week to a maximum of \$500 for every retreat PenFinancial's #CareCash posts receive. As of Thursday afternoon, the total for this week's prize sat at \$130.

A green ribbon will sit near each hiding spot to tell searchers they're on the right track.

Once the money is found, its new owner is asked to take a picture with the cash and post it to PenFinancial's Twitter or Facebook accounts using the hashtag #CareCash. They're asked to include where the prize was found and the charity they'd like to see receive the donation.

As soon as the money is found, the cash total resets to \$50 with retreats needed to see it increase.

"It's about raising awareness, creating a sense of philanthropy," Vizva said of the initiative.

"Niagara is a caring community and this is a way for [its residents] to express that."

The initiative is a chance to bring to light charitable organizations working hard for Niagara and to give a handful of lucky residents a chance to give back to those groups, said marketing and communications specialist Josh Juhlik.

"I've can be the facilitator between charities, volunteer opportunities and support, that's great."

There's no telling how long the initiative will continue, Vizva said.

"Until we run out of Niagara locations or until we run out of money," she said with a laugh.

Dr. Kimberly Dobson



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LOCAL NEWS



JOHN LAIR / QMI AGENCY NIAGARA

Chandler Riggs of *The Walking Dead* signs a poster Sunday during the fourth annual Niagara Falls Comic Con. As the show gets bigger, so do the complaints.

As Comic Con grows, so do the complaints

It's only fitting this year's Niagara Falls Comic Con had a star from *Growing Pains* signing autographs. The more this show grows, the more pain it seems to cause people.

At least that was the reaction gathered from social media Saturday. Lineups were too long. Autographs too expensive. Parking was a ripoff. Everything was disorganized. Gouging, confusion. You would think no one had fun at all.

"Waste of money this year," someone wrote on the Con's Facebook page. "Niagara Falls Comic Con has turned into a ripoff," someone chimed in later. A woman added she "didn't have a good experience, will not be returning to NFCC."

This was the glowing praise I read

before attending Sunday, along with several other complaints. Long lineups to get in Saturday had people fuming, with some saying they simply turned around and went home. Bullet News was denied press credentials, prompting the reporter to write a scathing column.

What's going on, I wondered?

Has our feel-good success story of a Comic Con turned to the dark side? Has it already gone sour?

I sauntered up Sunday and the lineup was long but flowing. People were smiling. Kids and their parents were in costume — little dude in the Han Solo outfit you rocked. Whatever bad vibes Saturday created were gone. It was a typical Comic Con.

See COMIC CON on Page 20

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LOCAL NEWS

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■ COMIC CON

A massive pop culture smorgasbord

From Page 19

Which may be the problem for some people. Comic Cons are not a casual attraction — they require work and planning and patience. This isn't a Clifton Hill wax museum. This is a massive pop culture smorgasbord you will spend a lot of time and money at. They don't come around often. That's what makes them special.

In just four years, the Niagara Falls Comic Con has become one of the biggest events in the city. The three square kilometres around the Scotiabank Convention Centre were buzzing all weekend. Crowds at every corner waiting to cross. Traffic much heavier than normal. Packed parking lots, busy restaurants, congested sidewalks. This is what a Comic Con brings to the city. San Diego's annual Comic Con dominates the downtown for a solid week. Fan Expo in Toronto is likewise a huge attraction.

Niagara Falls Comic Con is not at that level, but it's bigger than anyone expected after four years. This year's show snagged William Shatner, who doesn't do just any convention.

And if organizer Chris Dabrowski gets who he wants for next year, expect even bigger lineups. The show has amazingly outgrown the Scotiabank Convention Centre already — it can't grow any bigger without finding another venue.

Here's the other thing about the Comic Con: Organizers don't set the price for autographs, the celebrities do. Organizers don't set the price for

parking, the convention centre does. Organizers weren't responsible for the lines to get in Saturday morning, security was. These hiccups are part of every Comic Con. If you want chaos, try getting into a hall at the San Diego Con when there's a major celebrity speaking. And as packed as Saturday was at the Falls, it was still nothing compared to the sardine-like misery of Fan Expo, when you could literally spend minutes not moving.

Surviving a Comic Con is part of the fun. The meal afterwards. The stuff you scored. The photos you took. Even the annoying stuff becomes another story to tell after.

On Sunday, I went to take a photo of Chandler Riggs, who plays Carl on *The Walking Dead*. He was here two years ago and couldn't be more pleasant and accessible. This time? After two years of *The Walking Dead* becoming the biggest thing on TV, he suddenly had muscle guarding the table preventing anyone from taking photos, including the media. "No pictures," the dude barked. "He's underage."

I almost doubled over. The kid who stars on the show where zombies are impaled, beheaded and disemboweled every week can't have his photo taken... because he's a kid?

That's rich. And that's Comic Con. See you crazy people again next year.

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LOCAL NEWS

MUNICIPAL FINANCE

Pelham council costs \$124,400

GREG FURMINGER
Tribune Staff

Pelham taxpayers shelled out more than \$124,000 for the services of their mayor and councillors last year.

Mayor Dave Augustyn was paid a salary of \$31,155.86 plus a \$2,400 car allowance and was reimbursed \$1,962.66 for attending the Association of Municipalities of Ontario conference at the Ottawa Convention Centre.

Total cost for the mayor:

\$35,518.32.

The figures were presented in a report to councillors Monday detailing remuneration for 2013.

Councillors Gary Accursi and Catherine King (Ward 2), Richard Rybiak (Ward 1) and Peter Papp and John Durlay (Ward 3) were each paid salaries of \$14,288.73.

For attending the AMO conference, Durlay was reimbursed \$2,018.48 and Papp \$1,699.12.

The conference costs include a \$656.35 registration fee. Mileage, expenses and accommodations

were also claimed by councillors attending the conference.

Larry Clark, who resigned as councillor for Ward 1, was paid \$12,510.49 in 2013 while his replacement, James Lane, was paid \$1,231.93 to conclude the year.

The total cost of council in 2013 was \$124,422.01, of which \$116,341.75 was regular pay.

greg.furminger@summedia.ca
Twitter: @Greg4TheTrib



AARON BOGGIO
R.Ph., B.Sc., PhM



Ask Our

Pharmacists

DRUGS & ALCOHOL



RON PARTON
R.Ph., B.Sc., PhM

Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbiturates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can do to your liver.

Chronic alcohol use along with NSAIDs (ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make you quite ill. When taken to prevent a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive effects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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WELLAND RECREATIONAL CANAL

No reconsideration for go quietly policy

ALLAN BENNER
QMI Agency Niagara

A discussion about Welland's

"go quietly policy" banning motorboats on the recreational canal was anything but quiet at

Tuesday's city council meeting.

A motion introduced by Ward

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4 Coun. Tony DiMarco asking the Welland Recreational Canal Corp. (WRCC) to reconsider the 2005 bylaw was ultimately defeated with an 8-5 vote, but not before sparking a heated debate about the limited use of the waterway.

"There are many times I've gone by the canal on Sunday afternoon ... and there's no one out there or maybe one rower," DiMarco said, adding he's heard complaints from residents about the limited use of the waterway.

Ward 2 Coun. David McLeod, a WRCC board member, successfully amended DiMarco's motion changing the words "expanding the usage" to "allowing motorboats," arguing that it better reflected the motion's intent.

"Having motorboats on the canal is akin to allowing band practice in the library," McLeod

said. "It doesn't mix."

While DiMarco suggested allowing the use of motorboats at the north end of the waterway, Mayor Barry Sharpe pointed out that the area is currently being used by open-water swimmers and for training triathlon competitors.

"The north end is not underutilized," Sharpe said, adding motorboats would interfere "with everything else that is currently located in the canal."

As the mayor went on to discuss the expanding activities on the waterway, he was interrupted by Ward 1 Coun. Mary Ann Grimaldi on a "point of order" complaining that Sharpe was off topic.

Sharpe ruled Grimaldi out of order.

"I do resent being interrupted on a point of order which is clearly not in order," he said.

At that moment, Ward

2 Coun. Frank Camplion interrupted Sharpe again "on a point of order" leading to shouting between them.

"Just stop speaking, you cannot raise a point of order," Sharpe told Camplion.

"Why not?" Camplion replied, questioning whether the mayor should be ruling on a point of order regarding a statement made by the mayor.

"I've ruled on the point of order," Sharpe replied. "I do not see it as a valid point of order and once that happens councillors have the opportunity to challenge the chair's ruling."

"I challenge you for that ruling," Grimaldi told him.

Her challenge was seconded by Ward 5 Coun. Rocky Letourneau, but the majority of council sided with the mayor.

allan.benner@summedia.ca
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Election Day is June 12



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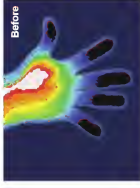
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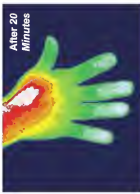
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NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEEF & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the right pairing combination of red beet and Hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN

STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improve artery health

TWO LOCATIONS

FONTHILL • 111 #20 EAST
 (Across from Subway)

905.892.9054

PORT COBORNE • 101 CLARENCE ST.
 (Across from Food Basic)

905.835.9806

The Healthy Cupboard
\$5.00 OFF
NEO40 Daily
 valid until June 28th, 2014